



salud



For more than 90 years, the Tennessee Department of Health has been helping mothers and their babies. To make sure your new baby is healthy and gets off to a good start, we strongly recommend breastfeeding.

Los Alimentos de WIC para La Madre Amamantando Exclusivamente

Sus Alimentos de WIC:

- Tiene una mayor selección de alimentos
- Ofrece una variedad de frutas y vegetales
- Ayuda a mejorar la salud de su
- Sigue las recomendaciones de las Guías Dietéticas y las de MiPlato

Los alimentos que va a recibir en su paquete:

GRANOS	FRUTAS y VEGETALES	LECHE	PROTEÍNA
<p>36 onzas de cereales 1 - 16 onzas de pan de trigo entero u otros productos integrales tales como:</p> <ul style="list-style-type: none"> • Arroz integral • Bulgur • Avena • Cebada • Tortillas suaves de maíz • Tortillas de trigo entero 	<p>3 jugos congelados de 11.5 a 12 onzas ó 3 jugos de 46 a 48 onzas aprobado por el WIC Cupón de un valor de \$10 para la compra de frutas y vegetales frescos o congelados</p>	<p>5 galones de leche- grasa reducida, sin grasa, baja en grasa o "sweet acidophilus" 1 cuarto de leche agria "buttermilk" ó 1 lata de leche evaporada o tofu de 14 a 16 onzas 2 paquetes de queso de 16 onzas</p>	<p>2 docenas de huevo Bolsas de 16 onzas de frijoles, chícharos o lentejas secos ó 4 latas de 15 a 16 onzas de frijoles enlatados 1 envase de 16 a 18 onzas de crema de cacahuate/maní 30 onzas de tuna, salmón o sardinas</p>

Esta institución es un proveedor con igualdad de oportunidades y el empleador.

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WIC FOODS FOR FULLY BREASTFEEDING MOM

Your WIC Foods:

- Increase your choice of food • Offer a variety of fruits and vegetables
- Help improve your health • Follow the Dietary Guidelines and MyPlate recommendations

What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 oz cereal 1 - 16 oz whole wheat bread or other whole grain products such as: <ul style="list-style-type: none">• Brown rice• Bulgur• Oatmeal• Barley• Soft corn tortillas• Whole wheat tortillas	3 - 11.5 to 12 oz frozen or 3 – 46 to 48 oz containers of WIC approved juice \$10 cash value voucher for fresh or frozen fruits and vegetables	5 gallons milk – Reduced Fat, Fat Free, Low Fat, or Sweet Acidophilus 1 quart buttermilk or 1 can evaporated milk or 14-16 oz tofu 2 - 16 oz cheese	2 dozen eggs 16 oz package dried beans/peas or 4 - 15oz or 16 oz cans of canned beans 1 - 16 to 18 oz jar of peanut butter 30 oz tuna, salmon or sardines

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